

The

February, 2021 Vol. 40 Issue 2

Communicator

Connecting People



Collegiate United Methodist Church
and Wesley Foundation

Contact Us

Phone: 515-292-6936

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For more information, please visit our website: cwames.org

Facebook: facebook.com/cwames

Weekly Email Announcement Deadlines:

Send Weekly Email submissions to mail@cwames.org by NOON on Wednesday. Type *weekly email* in the subject line.

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Front Cover Picture: Taken on a snowy morning in mid-January

Back Cover Picture: Taken on a sunny afternoon in mid-January.

About *The Communicator* and deadline submission dates —

The Communicator is a monthly publication of Collegiate United Methodist Church and Wesley Foundation. The goal of *The Communicator* is to inform and involve people in the life and work of the church. To submit articles, please email them to mail@cwames.org and put “*Communicator*” in the subject line. If you have any questions, feel free to contact the church office at 515-292-6936.

March Communicator Deadline: February 20, 2021

“The Biblical sages understood that the anxiety of not-knowing is the beginning of wisdom. There isn’t a single character in the Hebrew Bible who understood beforehand the outcome of any journey he or she underwent. What makes these characters so special is not that they are somehow superhuman, wiser, or more evolved. It’s that they don’t scale down their dreams to the size of their fears.” (Rabbi Irwin Kula, *Yearnings, Embracing the Sacred Messiness of Life*).

As we enter into the journey of Lent, I invite all of us to let ourselves “not know.” As Rabbi Kula says so well, there is a wisdom in that, and we see it in the Biblical stories and characters we know and love. They set out on a path with a dream or a hope and allow the events of their lives and the presence of God and the nearness of others to teach them something they **didn’t know at first** – how God does show up in the unexpected, the miraculous or the ordinary. How people show up. How letting go of having it all figured out creates a space for finding something new – maybe even the extraordinary newness of God, as it says in **Lamentations: “God’s mercies never come to an end; they are new every morning; great is your faithfulness.”**



In Lent we walk a sacrificial journey through the ministry of Jesus to his Cross. Historically, people have been invited to give something up for Lent to symbolize joining the sacrificial life. In recent years, people have turned that around to suggest we take something up. Whether we let go of something or take up **something, I believe the deepest purpose is that we look again at our lives as part of God’s redemptive story:** that our lives have a greatness to them and in our sacrifices to give out of that greatness, or in our sacrifices to take up something (either way adding to our commitments), we move past our fear of failure or rejection or pain or even just the unknown, and live into the dreams God has planted in our hearts.

This Lent we will be handing out or delivering bags for Ash Wednesday that contain ashes, a cross tattoo that can be used instead of the ash, a devotional, a card with opportunities for worship and classes and a prayer card. On Wednesday evening Feb. 17th we will offer a reflective service virtually to mark the beginning of Lent. During Lent we will pray together, worship together, gather in groups together and walk into Holy Week having traveled together and learning in fresh ways how God has come into our lives. We will watch for God and look for God and pray that our dreams of living the redemptive and loving life will teach us something we had not yet known. Perhaps how deep we can love. Perhaps how deeply we are loved.

May each of you know you are a witness to the light that draws us in the fellowship of God’s grace.

Pastor Mary

Children, Youth & Family Information

by Lauren Loonsfoot: Director of Children, Youth & Families

Children's Sunday School Sundays at 9:00 am

We continue to gather as preschoolers-5th graders on zoom for Children's Sunday School. Here is what we will be learning about in February.

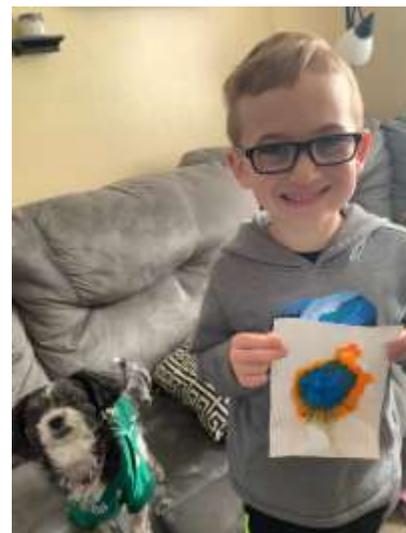
2/7/21 God's Kingdom Luke 13:18-21

2/14/21 The Lord's Prayer Matthew 6:5-15

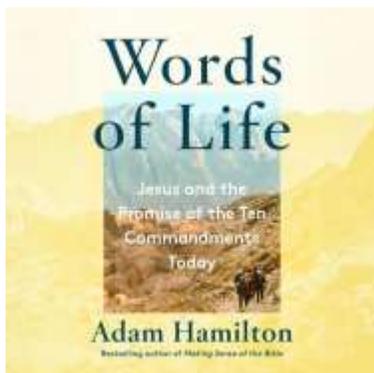
2/21/21 Mary and Martha Luke 10:38-42

2/28/21 Zacchaeus Luke 19:1-10

To register for Sunday School head on over to: <https://cwames.churchcenter.com/groups/digital-children-and-youth-sunday-school/children-sunday-school-2020-2021>



Caliber and Mia showing off Caliber's art from Sunday School. Great work Caliber!



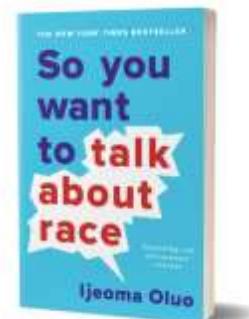
Youth Sunday School

On Sundays at 11:00 am we have Youth Sunday school for Middle School and High School students. Starting on February 21st we will begin our Lenten study Words of Life by Adam Hamilton. To register for the class you can sign up here. <https://cwames.churchcenter.com/groups/digital-children-and-youth-sunday-school/2020-2021-youth-sunday-school-middle-and-high-school>

Anti-Racism Small Group

In So You Want to Talk About Race, Ijeoma Oluo guides readers of all races through subjects ranging from intersectionality and affirmative action to "model minorities" in an attempt to make the seemingly impossible possible: honest conversations about race and racism, and how they infect almost every aspect of American life. This group will gather at 8:00 pm every other Wednesday on zoom starting February 10th. To sign up visit this link.

<https://cwames.churchcenter.com/groups/digital-small-groups/so-you-want-to-talk-about-race-antiracism-group>



Are you looking for regular Anti-Racism information and action items? You can get a daily or weekly email from Anti-Racism Daily in your inbox. There are always learning, reflection and action items. To subscribe see the link below:

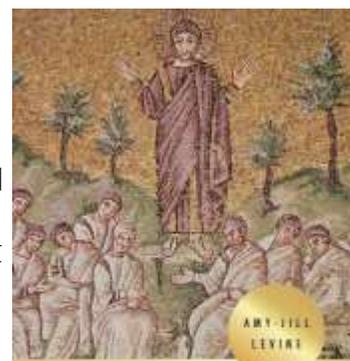
https://www.antiracismdaily.com/?utm_source=newsletter&utm_medium=email&utm_campaign=subscribe

Lenten Small Groups

Lenten Small Groups

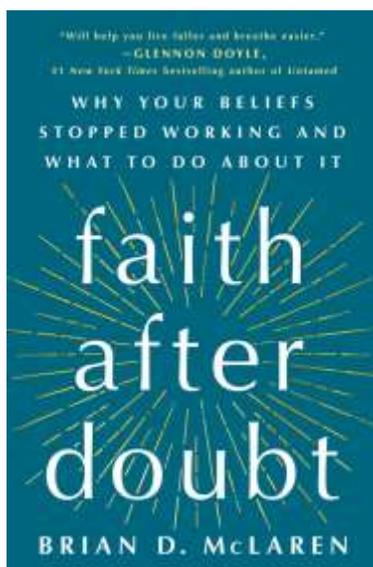
Sermon on the Mount by Dr. Amy-Jill Levine Study Group

Matthew 5-7, or better known as the **Sermon on the Mount**, are some of Jesus' most profound teachings. Explore how those listening to Jesus may have heard his words, as well as how his teachings speak to us today. This group will meet on Facebook. Reading the chapters and watching the videos can all be done at your own time each week, and regular discussion questions will be posted to a private Facebook group for discussion. This is a great option for those of you/us who are Zoomed out. All are welcome to join. The group will begin meeting on Feb 21st and continue through Lent. For more information or to sign up, visit <https://cwames.churchcenter.com/groups/digital-seasonal-groups/sermon-on-the-mount-by-dr-amy-jill-levine-study-group>. To purchase your book, click here <https://www.cokesbury.com/Sermon-on-the-Mount-1-3>.



SERMON *on* the MOUNT

A READER'S GUIDE TO THE KINGDOM OF HEAVEN



Lenten Small Group with Pastor Mary - Faith After Doubt by Brian McLaren

Join Pastor Mary via zoom on Sunday evenings (7pm) starting Feb 21st for a **thoughtful conversation, using Brian McLaren's new book, Faith After Doubt.** In this book, Brian McLaren suggests a four stage model of faith development: Simplicity, Complexity, Perplexity and Harmony. He offers a **path to follow that can lead us in our Lenten journey as we come "again and again" to our doubt, which McLaren argues can actually help us intensify our commitment to what matters most.** The book provides a basic framework for developing an expansive faith that helps us meet the challenges of the 21st century. Books may be purchased online. Sign up today <https://cwames.churchcenter.com/groups/digital-seasonal-groups/lenten-small-group-with-pastor-mary-faith-after-doubt-by-brian-mclaren>.

An Illustrated Lent for all ages: Reflections on the Heart

The theme for this edition of An Illustrated Lent for Families is Reflections on the Heart. As we journey through this season of Lent together, you are invited to focus intentionally on the spiritual discipline of evaluating what the heart treasures. Some are physical treasures we can touch, hold, store, and give. Some treasures are invisible, yet still greatly matter and guide our lives. By exploring Gospel passages about treasures and matters of the heart, we will reflect on what kind of treasure matters to us, why we store treasures, and the power these treasures have in our lives. Starting on Sunday, February 21st at 5:00 pm on zoom we will gather weekly for a time of scripture, reflection, discussion questions, activity, coloring page, and prayer. For more information or to sign up visit <https://cwames.churchcenter.com/groups/digital-seasonal-groups/all-ages-lenten-small-group-reflections-on-the-heart> if you have any questions please email Lauren Loonsfoot (lauren@cwames.org)



Ash Wednesday Bag Pick Up

The holy season of Lent is almost upon us. As a way to usher in this season, an Ash Wednesday bag is being put together for all who would like to come pick one up or have a bag delivered. Ashes, devotionals, Lent small groups, Holy Week information, and other material will be included in these bags to use on Ash Wednesday and throughout the Lenten season.

Come pick up your bag on Feb 14th from 1-2 at the west door. Simply roll down your window and we will place it in your vehicle. If you would like one delivered, sign up here (<https://cwames.churchcenter.com/groups/digital-seasonal-groups/ash-wednesday-bag-delivery-request>) and a bag will be delivered on the same day. Contact Lindsay Drake (lindsay@cwames.org) with questions.



Database update

As of January 25th, 106 individuals have successfully updated their personal information on our church database. That is a great start to our work of both cleaning up our data AND opting into the new digital directory. For those who have updated their profiles, they will soon receive an invitation to the digital directory. Once you receive the invitation to the directory, you can choose if you want to share your information with other people who are participating in the directory. You can also choose what information of yours you would like shared. **This is a great and secure way to access your fellow church family's contact information in format that can stay up to date and safe.**

Do you still need to update your information? Follow this link <https://cwames.churchcenter.com/people/forms/155529>.

Have questions? Contact Lindsay Drake (lindsay@cwames.org).

Generosity 2021

THANK\$!

I always enjoy writing this article for one of the early Communicators of the year. Because every year the members and friends of Collegiate/Wesley continue to amaze me with your financial generosity, and 2020 was no exception despite what an interesting year it was. You are good stewards of your money - and Collegiate/Wesley is wisely spending the money you donate to the church. In addition to the money you donated to the church's operating fund, you donated to many mission projects. Your donations are making a difference inside and outside the walls of the building.

Your continued support as we live into our Purpose (to build an inclusive community that invites all people to experience God's unconditional love, grow in faith, and serve others) is greatly appreciated.

In gratitude,
David Orth
Director of Generosity

Endowment Grants

2021 Endowment Grants - Apply Now

See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland. Isaiah 43:19

It is the time for new things. What new forms of outreach or community connection or physical plant improvements will help Collegiate Wesley minister to our church family and our world in 2021? As you begin meeting with committees and clusters or as you are talking with friends or pondering alone take time to translate those dreams into a plan. Then apply for a grant from the Collegiate Wesley Endowment to provide resources to bring that vision to life.

Endowment grant funds are available for use by any of the groups (Boards, Clusters, Committees etc.) that comprise Collegiate Wesley for:

- **Capital expenditures on behalf of, or in the name of, the Collegiate United Methodist Church and Wesley Foundation, Ames, Iowa, for real property acquisitions, repairs or improvements; or**
- **Funding or helping to fund new or existing programs to be administered or sponsored by the Collegiate United Methodist Church and Wesley Foundation, Ames, Iowa; or**
- **Benevolences endorsed, supported or approved by the Iowa Annual Conference of the United Methodist Church.**

If you have questions about whether your idea/project fits the grant criteria contact either

- **Endowment Board Grants Manager: Phil Poorman, ppoorman@aol.com, 515-232-5447 or**
- **Endowment Board Chair: Mary Wickham, wickhammary1@gmail.com, 309-550-2594.**

The application form is available at <https://forms.gle/cPZAu28KB1MPaaVq6>. The deadline for submitting requests is March 31, 2021.

Dennis Byrne Endowment Fund

Dennis Byrne Endowment Fund

The Byrne Endowment Fund was established by a member of the church, Dennis Byrne, who had a heart for missions and who was involved with many different mission trips during his lifetime. The proposals for grant funding are available to support United Methodist associated groups and individuals in mission work, with an emphasis on international work as well as local missions.

If you have a project for which you'd like funding, please submit an application here: Byrne [Endowment Fund 2021 Application](#).

The deadline for applications is March 15th.



Stephen Ministry

Stephen Ministry is a Christian based one on one care for persons hurting. Our Stephen Ministry program has trained caregivers ready to provide care for individuals who have lost a love one, ended a relationship, received a diagnosis, having a life transition, struggling with isolation, or many other life events. If you would like more information please **contact Lori Schippers**, lschippers1@hotmail.com, 515-460-0774. You can also find out more about Stephen Ministry by clicking on these links: <https://www.stephenministries.org/stephenministry/default.cfm/1596>; (what is a Stephen Minister: <https://www.stephenministries.org/stephenministry/default.cfm/1597> (care receiver stories)

What is Stephen Ministry?

Stephen Ministry is the one-to-one caring ministry that takes place in a congregation that implements the Stephen Series. A congregation with Stephen Ministry equips and empowers a team of lay caregivers—called Stephen Ministers—to provide high-quality, confidential, Christ-centered care to people experiencing a difficult time in life. www.stephenministries.org

Sending to Serve

Youth Mental Health First Aid

Sending to Serve is honored to partner with UnityPoint Health – Des Moines Eyerly Ball Community Mental Health Services to host a Youth Mental Health First Aid training virtually on February 25th from 9am-3pm. Youth Mental Health First Aid is a course that teaches you how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand and respond to signs of addictions and mental illnesses. This training is helpful for everyone to take, not just parents of youth. If you know a youth at all this training is a great resource.

To sign-up for the class you can visit the link below. If you have any questions or need help signing up please email Lauren Loonsfoot lauren@cwames.org. <https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>



www.MentalHealthFirstAid.org



Special Offerings February

- February 1st Katherine Parker and her work in Nepal
You can see Katherines April Newsletter here: [Katherine Parker Newsletter](#)
- Our Lenten Special Offering starts February 21st
(see page 9 for more details)

Katherine handing out water at the halfway point on the 10k [#runforMentalHealth](#) awareness in Kathmandu with Bir Bahadur.

ISU students are back!

We are excited to have students back on campus for the spring semester. The Wesley Center will continue to offer safe and dynamic opportunities **for students to experience God's unconditional love, grow in faith and serve others.**

The Wesley Center study space at the Annex will provide a safe, sanitized, socially distanced environment for students to study and have small groups. We will be offering 5 small groups for current students and a new group for alumni of **the past 5 years: Queer Convos, What's Your Story?, Enneagram, Spiritual Practices and Relationships, & Becoming Antiracist.**

We are also offering the opportunities for students to apply for \$250 social justice grants this semester. Students will use the funds to start social justice initiatives on campus or in Ames. We cannot wait to see what amazing projects our students engage in, look forward to updates throughout the semester!

Thank you for your support of the Wesley Center, together we continue to make a difference in students' lives, ISU and throughout the world!



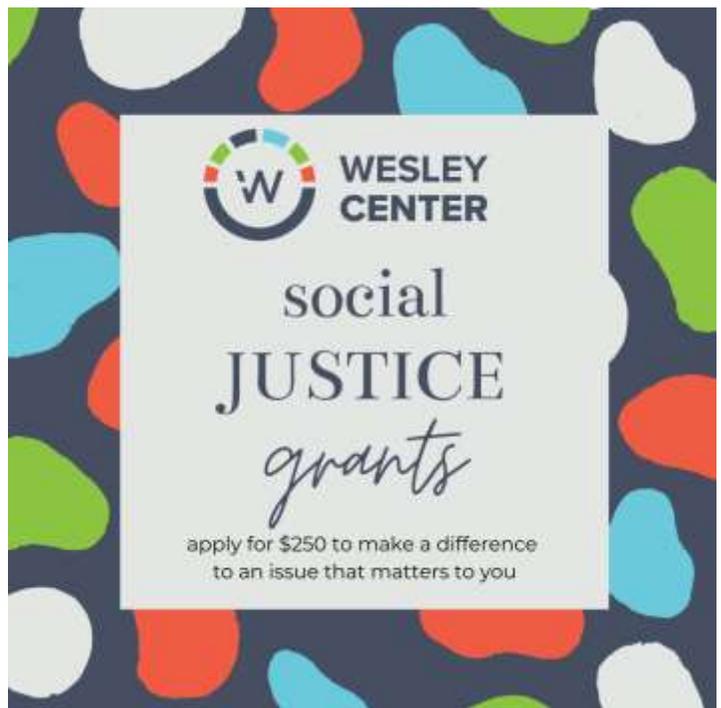
STUDENT CENTER



THE ANNEX STUDY SPACE IS AVAILABLE MONDAY-THURSDAY FROM 5PM-9PM AS A SAFE SPACE FOR YOU TO STUDY

LOCATED @ 130 S SHELDON AVE

*MASKS REQUIRED



While the church grounds might look cold and snowy, the inside of the church is still very much alive and making changes. This month I will tell you about a big change that we are doing in efficiency!

For the last couple weeks, I have had some help replacing light bulbs in the lower level. We are pleased to announce that we have only one room remaining to get the LED upgrades. Upgrading the rooms and spaces to LED saves on our energy usage, A/C load, and maintenance time. To put the cost savings in perspective, it will cut the lighting cost to about 1/3 of what it use to be. Running all the lights in Wesley Hall, for example, will cost less than 25 cents per hour!

The picture below is in the Norman Room. In it, we were halfway done with replacing the lights. If you look at things like the floor or the wall, you will notice that the right side of the picture looks a lot cleaner and fresher!



Office Policy on Sharing Contact Information

Update: Sharing Contact Information

The Church Council is making an adjustment to the policy on sharing CW members' contact information. Based on research on peer churches and the capabilities of the church database, the Council approved a three-phase transition to an electronic directory.

1. Effective immediately: Upon receiving a request for member contact information, the church office will notify the church member. The member can then decide whether to honor the request.
2. All CW members are invited to help us update the database. An up-to-date and accurate database has never been more important. We need your help to make sure that the information we have for you is updated and correct. Please use this link (<https://cwames.churchcenter.com/people/forms/155529>) to fill out a form that will automatically update your information. Those with more than one person in your household, please fill out a form for each person.
3. In early 2021 an electronic directory will be available for all CW members who entered their information in the church database. Individuals will be able to select what contact information they want to appear in the directory.

Digital Worship at Collegiate/Wesley



Here's what you need to know:

You can "tune in" on our [Facebook page](#) at 10:00 am to watch live.

You can also view worship anytime on our [Youtube channel](#) or [Digital Worship Page](#)

Whichever way you worship, we would love for you to fill out the [check in form](#) on our website so we can do our best to stay connected.

To view a tutorial on how to connect on Sunday mornings you can view that here: [Digital Worship Tutorial](#)

Volunteer Opportunities

Clothing That Works

Clothing That Works seems to always be asking for items. Currently we are in need of men's jeans 2X, 3X, 4X and bigger shirts pants, sweatshirts, and coats. We are in need of men's jeans waist 28, 29, 30, 31, 32, 34 (length does not matter). Any size jeans are always appreciated. We are also in need of men's tennis shoes and boots.



Donations are accepted on Wednesdays, 2-5pm and the first Saturday of the month, 9am-noon.
Thanks from CTW!

clothingthatworks@gmail.com



Food at First Volunteer Opportunities

We have the opportunity to prepare and serve the daily meal for Food at First on the fourth and fifth Friday of the month. There are two shift opportunities 2:30-5:30 AND/OR 5:00-7:30 pm Coming up we need your help to fill the January 29th and February 26th slots.

All volunteers are masked. Early shift work only with others in the CUMC/WF family. Second shift volunteers help package the meal, distributing the packaged meals outside and clean-up. Please dress in layers as you will be inside and outside for the second shift. This is a great opportunity to build community, have fun, and serve others.

Sign up here: [Food at First Volunteer](#)

Donations Needed for the Little Food Pantry!!

Non-perishable items are needed for the Little Food Pantry. Please bring your donations any Wednesday from 2:00-4:00 pm and place in the donation box near the Pantry at the north door of the Annex.

The Pantry is a great source of nutrition for those who are food insecure this winter. Personal items are also needed. Suggestions for the winter months: Crackers; peanut butter; pasta; pasta sauce; bagged grains; dried fruits; granola bars; Toothpaste; toothbrushes; deodorant; shampoo; soap Kleenex; toilet paper; paper towel



Monetary donations can be made by sending a check to the church office with "Little Food Pantry" in the memo line or go to the online giving page, https://www.eservicepayments.com/cgi-bin/Vanco_ver3.vps?appver3=Fi1giPL8kwX_Oe1A050jRsCEqv7zUdGDJcJObnuMixGhjXsUKRLImI4vCU4-rZZZ2EvVVAEjqawDomKT1pboueY8Xg4O6QG1IXBPXJdnYWE=&ver=3

Choose "Other" under -Missions and write Little Food Pantry in the designated box.

Please contact Marti Elston, melston8@gmail.com or 515-460-1694 with questions or if a different time for your donation drop-off is needed. Thank you!

Our Prayers

Prayers of Thanksgiving:

- We offer prayers of thanksgiving for marvelous progress in Gerry's fight against mantle cell lymphoma. A PET scan shows that the cancer is nearly gone. With two chemo treatments remaining we're hopeful for achieving remission soon. ~ Gerry & Jane Kennedy
- Merry Christmas and stay safe! ~ Clara Schroder
- Merry Christmas and may the world find the peace, joy, and healing that we all so desperately need. ~ Kevin & Veralynn Schilling
- Happy New Year! ~ Avis Schroder
- Thank you that my sister-in-law, Beth, has left the hospital and is in Rehab. Thank you for her recovery from cancer surgery, and for your help in healing. Continue being with her in every way. I am grateful for all you are doing for her. ~ LaRue Clark
- Thanks for the message of joy and hope. I needed these words. God help our nation and our church to remember God is truly the God of hope, joy and love and a very present help. I am reminded today and am thankful. ~ Helen Farr
- Thank you dear God, that my sister-in-law, Beth, was able to come home this week. Help her to have a complete recovery from her cancer. ~ LaRue Clark



Prayers of Concern:

- Prayer requests for a dear high school friend and her husband who live in southern California and who have tested positive with challenging symptoms. She is at home while her husband is hospitalized on oxygen now for several days. ~ Linda Carver
- Tomorrow I will be making the big move to my apartment at Northridge Village. I like to call the changes in life to be a new adventure and indeed this will be a big one for me. I ask for your prayers as Cassie, my kitty, and I make it our new home. ~ Helen Farr
- I ask for a prayer of continued healing after her cancer surgery, for my sister-in-law, Beth. ~ LaRue Clark
- A friend's dad, Rick Linn, has been in the hospital for 2 weeks with surgery, recovery from newly discovered stage 4 colon cancer. ~ Brenda Allen
- Brother Dale and niece Jamie who just received a cancer diagnosis. ~ Nancy Qvale
- Daughter Ronda, her husband Dan, and son Michael who all start new jobs this week. ~ Nancy Qvale
- Praying that 2021 will be healthier, happier, and more caring than 2020! ~ Kevin & Veralynn Schilling
- We pray for the world and for the coming of a more stable and healthy country in the very near future. ~ Kevin & Veralynn Schilling
- I pray for peace in our government. Help us all to follow Thee in our words and actions.
- ~ LaRue Clark
- **May our country's democracy stand strong. May the next days lead to a smooth and safe transition of leadership for our United States of America.** ~ Alan & Donna Vandehaar
- For healing for our deeply divided nation and most of its components. ~Gerry & Jane Kennedy
- Prayers for a friend of mine diagnosed with acute lymphoblastic leukemia this week. ~ Mary Ann Lundy
- For Megan's uncle who is battling cancer. ~Schroder family
- For a friend and her children who lost their husband/father unexpectedly. ~ Schroder family
- That we choose to become our true identity in Christ, mending the world's torn nets and channeling God's love everywhere, to everyone. ~ Keith Schrag
- For Teresa Gibson, who has been diagnosed with Covid-19 for a second time.
- For Meghan, Jonathan, Henry & Alex Brand. Meghan's mother passed away this past weekend.



You are Welcome Here!

Collegiate United Methodist Church and Wesley Foundation welcomes and affirms all persons without regard to gender, ethnic background, sexual orientation, national origin, age, physical or mental ability, marital status, economic condition, or anything else which threatens to divide

The purpose of C/W is to build an inclusive community that invites all people to **experience God's unconditional love, grow in faith, and serve others.**



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